

## Ombudsman program helps long-term care residents

BY JOHN COWAN  
DCHD Senior Services

The Davis County Long-Term Care Ombudsman Program provides advocacy to residents of skilled nursing or assisted living facilities.

Residents are granted certain rights under the Older American's Act. One duty of the Ombudsman is to help residents, their families, and facility staff to understand what these rights are and to work to ensure that these rights are being upheld. Residents often have multiple physical and/or mental disabilities, which may make it difficult for them to resolve a problem on their own. While the Ombudsman's primary role is to help residents help themselves, there are times when the Ombudsman will speak on behalf of the resident or the resident's family.

Ombudsmen visit long-term care facilities periodically to get acquainted with residents and facility staff. During these routine visits the Ombudsman looks for conditions or situations that may need the attention of facility staff, and observes the quality of care being provided to residents in the facility.

Some concerns that an Ombudsman responds to include dignity and respect, food services, discharge/eviction, lost or stolen items, personal preferences, and abuse, neglect or exploitation.

An Ombudsman is provided in-depth training and spends a significant amount of time shadowing other experienced Ombudsmen in order to become certified.

The newest addition to the Davis County Long-Term Care Ombudsman Program is Debbie Miller. She has 13 years of experience working with the vulnerable adult population as an investigator for Adult Protective Services, and as a deputy guardian with The Office of Public Guardian.

The Davis County Long-Term Care Ombudsman Program is always looking for volunteers. If you or anyone you know is interested in learning more about the program, please call 801-525-5060.

**DAVIS COUNTY SENIOR SERVICES'** new Ombudsman, Debbie Miller, provides a senior with information about how the Ombudsman program works with people who live in long-term care facilities ensuring their rights are upheld.



Photo by Bob Ballew, DCHD PIO

## Autumn Glow now named Central Davis

BY KRISTY COTTRELL  
DCHD Senior Services Director

Central Davis is the new name for the Davis County senior activity center, formerly known as Autumn Glow, in Kaysville.

Davis County Health Department's Senior Services operates three senior activity centers in the county: North Davis in Clearfield, Central Davis in Kaysville, and Golden

Years in Bountiful.

Adults age 60 and older enjoy weekday lunch while socializing with new and long-time friends at these three locations. Activity centers also provide opportunities for older adults to engage in recreational, educational, cultural programming activities, and important volunteer opportunities, including Meals on Wheels.

## Davis County Caregiver Appreciation Event scheduled

With November being observed as National Family Caregiver Month, Davis County Health Department's Senior Services Division staff extends a heartfelt "thank you" to all caregivers of older adults in Davis County. Please give our local caregivers the support and encouragement they need to carry out their very important role.

During November's recognition of caregivers, the county's Senior Services Division is sponsoring a Caregiver Appreciation event on Tuesday, Nov. 7, at Fairfield Village of Layton (1201 N. Fairfield Road, Layton) and on Thursday, Nov. 9, at Golden Years Senior Activ-

ity Center (726 S. 100 E., Bountiful).

Both events begin at noon and activities go until 2 p.m. Music, prizes, a complimentary lunch, and fun are planned for participants.

This is a free event for all Davis County residents who care for an elderly friend or family member. Space is limited. Attendees must RSVP to 801-525-5105 no later than Monday, Nov. 6, at noon.

Sponsors for this event include: South Davis Home Health and Hospice, Alpha Home Health and Hospice, and the Davis County Health Department. For more information, call Sonia Siguenza at 801-525-5105.

## Medicare 101 class Nov. 9

Davis County Health Department's Senior Services offers a free one hour class about Medicare options, enrollment, and benefits.

If you are turning 65 or preparing to retire, please join us on Thursday, Nov. 9, 6:30-7:30 p.m., at the

Centerville Library (45 S. 400 W., Centerville).

For more information about the Medicare 101 class, contact Marie Jorgensen at 801-525-5086 or [mjorgensen@daviscountyutah.gov](mailto:mjorgensen@daviscountyutah.gov).



### Davis COUNTY

Senior Scoop is published by the Davis Clipper in conjunction with the Davis County Health Department's Senior Services.

Kristy Cottrell, Division Director  
Bob Ballew, DCHD Public Information Officer

Mailing Address

P.O. Box 618  
Farmington, UT 84025  
(801) 525-5050

Physical Address

22 S. State Street  
Clearfield, UT 84015

All issues of Senior Scoop are available at [www.daviscountyutah.gov/senior\\_scoop](http://www.daviscountyutah.gov/senior_scoop)

## Holiday gift donations sought for senior citizens

Davis County Senior Services is holding a gift drive to help make the holidays a little brighter for senior citizens who may be alone this season or not have the financial resources to celebrate this year.

The collection of these gift donations is to help those most in need. There are many who are greatly appreciative of gift cards for groceries from local grocers and stores. Other items needed may include bath soap, shampoo, lotion, laundry soap, dish soap, towels, blankets, socks or other items that get day-to-day use. Gift requests will not exceed \$50.

Please turn in all gifts unwrapped or in an open gift bag. The deadline to turn in gifts is Friday, Dec. 8, by 5 p.m., to the Davis County Health Department (22 South State Street, Clearfield) or at one of the county's three senior activity centers:

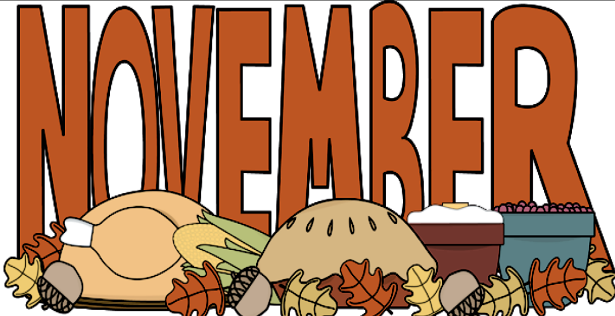



- Central Davis Senior Activity Center, 81 E. Center Street, Kaysville
- Golden Years Senior Activity Center, 726 S. 100

E., Bountiful

- North Davis Senior Activity Center, 42 S. State Street, Clearfield

For more details or to receive a name and specific gift request, contact Debbie Draper at 801-525-5080 or email her at [ddraper@daviscountyutah.gov](mailto:ddraper@daviscountyutah.gov).



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				<b>2</b> CD – Fraud Prevention 11:30 Living with Memory Loss 1 GY – Lapidary 8:30 ND – Theatre Thursday 12	<b>3</b> CD – **AARP Drive Smart 10 GY – Stained Glass 9 Line Dancing 9:30 ND – Texas Hold 'em 12	
<b>5</b>	<b>6</b> CD – Murder Mystery Tea Party 2 GY – Yoga 10 Line Dancing 10 ND – Texas Hold 'em 12 Bingo 12:30	<b>7</b> CD – **Walking Tour & Lunch 11:30 GY – Dancing Grannies 9 Tai Chi 10:30 ND – Lapidary 8 China Painting 9	<b>8</b> CD – Memory Magic Brain Games 10:45 GY – **Legal Consultation by appt. ND – Wii Wednesday 10:30	<b>9</b> CD – Veterans Day Musical Tribute 11:30 GY – Arthritis Class 12:30 Shopping 12:30 ND – Suicide Prevention 10:30	<b>10</b> Veterans Day (Observed) 	<b>11</b>
<b>12</b>	<b>13</b> CD – Oil Painting 9 Bingo 10:15 GY – Dancing Grannies 9 ND – Veterans Day Program 11:30	<b>14</b> CD – Tai Chi with Marie 9:45 GY – Percussion Band Class 10:30 Square Dancing 7-8:30 p.m. ND – **AARP Smart Drive 10	<b>15</b> CD – Water Color 9:30 **Road Trip 11 GY – **Pioneer Memorial Museum Trip ND – Wii Wednesday 10:30	<b>16</b> CD – Medicare Open Enrollment 8:30 GY – Luana's Combo Band 10:30 ND – Theatre Thursday 12	<b>17</b> **CD & ND November Birthday Party CD – Ceramics 12 GY – GY Jazz Band 10:30 ND – Bingo 12:30	<b>18</b>
<b>19</b>	<b>20</b> CD – Water Ex. 9 GY – Stained Glass 9 Pencil Art 9 ND – Chancellor Gardens / Symbii 11:30	<b>21</b> CD – Tai Chi with Marie 9:45 Reiki 10:30 GY – Zumba 9:30 Craft Class 12:30 ND – China Painting 9 Quilters 10	<b>22</b> CD – Arthritis Exercise 9 GY – **Birthday & Thanksgiving Lunch 11:30 ND – Wii Wednesday 10:30	<b>23</b>  Happy Thanksgiving	<b>24</b> Centers Closed 	<b>25</b>
<b>26</b>	<b>27</b> CD – Lunch/Trivia of the Day 11:30 GY – Yoga 10 Oil Painting 1 ND – Health Tips with Gina 11:30	<b>28</b> CD – Tai Chi with Marie 9:45 GY – Zumba 9:30 Craft Class 12:30 ND – Line Dancing 1 Blood Pressure Shopping Day	<b>29</b> CD – Arthritis Exercise 9 Ceramics 12 GY – Ceramics 9 Line Dancing 10 Bingo 12:30 ND – Tech Lab 10	<b>30</b> CD – Stay Fit-Age Well 11 GY – Luana's Combo Band 10:30 Shopping 12:30 ND – Theatre Thursday 12	<b>Dec. 1</b> AG – Bingo 10:15 Ceramics 12 GY – Stained Glass 9 ND – Texas Hold 'em 12 Bingo 12:30	<b>2</b>

**\*\* Call Senior Activity Center to Make Reservation**  
(Note: Not all activities are listed on this consolidated calendar, activities are subject to change)

CD ~ Central Davis  
(801) 444-2290

81 East Center Street  
Kaysville, UT 84037

GY ~ Golden Years  
(801) 451-3660

726 South 100 East  
Bountiful, UT 84010

ND ~ North Davis  
(801) 525-5080

42 South State Street  
Clearfield, UT 84015